Legs + Abs + Butt

Beginner | 8 min

1		Squat	x10 Reps
2		Forward Lunges	x5 Reps
3		Lateral Lunge	x5 Reps

Rest 30 Seconds

4		Crunch with vertical legs and touch of the ankles	x10 Reps
5		Legs elevation in 4 strokes	x5 Reps
6		Foot 2 Foot Crunch	x5 Reps

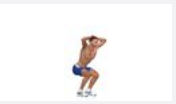
Rest 30 Seconds

7		Concentrated hip extension	x10 Reps

Copyright Passion4Profession 2026. All rights reserved.

8		Side kick with bent knee	x10 Reps
9		Leg Pull Down	x10 Reps

Rest **30 Seconds**

10		Squat	x15 Reps
11		Crunch with knees to the chest	x15 Reps
12		Leg Pull Down	x15 Reps

Rest **30 Seconds**

13		Forward Lunges	x8 Reps
14		Legs elevation in 4 strokes	x8 Reps
15		Concentrated hip extension	x15 Reps
16		Reverse hip extension	x20 Reps

Copyright Passion4Profession 2026. All rights reserved.



P4P

This is the workout in PDF. In the app you live the full experience.

Here you have the technical structure. In the app you find a richer, more dynamic and more vivid experience.

- 🎬 Video guide with complete animations
- 🎵 Proprietary music to train better
- ⚙️ Customizable timer and settings
- 📅 Progressive plans for 30, 60 and 90 days
- ✨ New workouts generated with artificial intelligence

Download the app

Copyright Passion4Profession 2026. All rights reserved.